



Dec. 30, 2013

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Feds Will Soon See First Pay Raise In Three Years - But Not All Will

Benefit: Federal employees have reason to greet the new year with a little more enthusiasm than usual: After a three-year pay freeze enacted by Congress to help reduce the deficit, feds will finally see a slight across-the-board raise this year. The slight 1 percent increase ordered by President Barack Obama last month is smaller than union advocates

had pushed for, but it's the first time since 2010 most civilian employees will see a bump in their basic rate of pay. "This long-overdue modest pay raise for federal government employees is a good step in recognizing the value of federal workers," said Sen. Barbara Mikulski (D- Md.), when Obama issued the Dec. 23 pay order. "They have been the targets of unending attacks. They've been furloughed, laid off and locked out

through no fault of their own. I believe federal employees should never be scapegoats in fights over deficit reduction." Still, the modest pay raise only applies to white-collar employees under the General Schedule system. Some 200,000 blue-collar federal workers at places such as the



"HOME OF US ARMY LOGISTICS"

departments of Defense and Veterans Affairs as well as the U.S. Bureau of Prisons, will not see a similar increase in pay. ([More](#))

OPM Seeks Changes to Feds' Benefits, Insurance Opportunities:

The Office of Personnel Management wants to expand the opportunities for eligible federal employees and their families to change their enrollment in the Federal Employee Dental and Vision Insurance Program (FEDVIP). OPM proposed making these changes to bring FEDVIP inline with the Federal Employees Health Benefits Program (FEHBP). ([More](#))



Public Has Little Faith in Uncle Sam:

The notion of a “can-do” federal government -- to the surprise of few -- took a beating in a poll released Thursday, with 70 percent of Americans saying they lack confidence in the government's ability “to make progress on the important problems and



issues facing the country in 2014.” About 50 percent said the country’s system of democracy needs “a lot of changes” or a complete overhaul, according to poll results. The Associated Press and NORC’s Chicago-based Center for Public Affairs Research conducted the poll of 1,141 random selected adults from Dec. 12-16. Faith in the federal government, the poll found, with 45 percent of respondents at least moderately confident in their state government, and 54 percent of respondents expressing the same confidence in their local government. ([More](#))

Employees Rights To Be Represented By An Exclusive Union In An Appropriate Bargaining Unit:

The Federal Service Labor-Management Relations Statute (5 USC Chapter 71) gives employees in units represented by an exclusive labor organization the right to request union representation at any examination by a representative of the agency in connection with an investigation if the employee believes that the examination may result in disciplinary action. Section 7114(a) of 5



Upcoming Dates

- Jan. 7-9:** DA Photo Studio on RIA
- Jan. 8:** Senior NCO Tenant Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.
- Jan. 13-17:** Training- Unit Prevention Leader, Baylor Conf RM
- Jan. 20:** Martin Luther King Remembrance Day (*Federal Holiday*)
- Jan. 22:** U.S. Army Health Clinic Open House, Bldg. 110, 1:30-4 p.m.
- Jan. 22:** General Officer BOD Mtg., 1:30 p.m., Arsenal Island Clubhouse (T)
- Jan. 23:** Martin Luther King Remembrance Day Event, Location/Time TBD
- Jan. 23:** Community Information Meeting, Arsenal Island Clubhouse, 9 a.m.
- Jan. 23:** Safety Occupational Health Advisory Committee, Bldg. 90, Room 25, 10 a.m.
- Jan. 23:** RIA Council of Colonels/Deputies Luncheon, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 28:** Monthly Community Information Exchange, 9 a.m., Arsenal Island Clubhouse
- Jan. 28:** RIA Retirement & Retreat Ceremony Dress Rehearsal, 2 p.m.
- Jan. 29:** RIA Retirement & Retreat Key Leader Rehearsal, Heritage Hall, 2 p.m.
- Jan. 30:** RIA Retirement & Retreat Ceremony, 2 p.m., Bldg. 60, Heritage Hall
- Feb. 3-7:** Quarterly Transition Assistance Program Workshop, Bldg. 56
- Feb. 5:** Real Property Planning Board, Baylor Conf RM, 10 a.m.
- Feb. 6:** Community Health Promotion Council Meeting, Baylor Conf RM, 1 p.m.
- Feb. 11-13:** DA Photo Studio on RIA
- Feb. 12:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Feb. 26:** RIA Tenant Senior Leaders Luncheon, Arsenal Island Clubhouse, 11:30 a.m.



USC Chapter 71 states that: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee and the employee requests representation. If you have any questions or concerns, please contact your Labor Relations Specialist or Ombudsman.

Eagle Watches & Clock Tower Tours:

The park rangers with the Rock Island District, Corps of Engineers' Mississippi River Visitor Center will once again be conducting eagle watches and Clock Tower Building tours through the Visitor Center on **Jan. 4, 5, 25, 26**, as well as **Feb. 1, 2, 8**, and **9**. These dates are on Saturdays and Sundays at 9-10:30 a.m. and 12:30-2 p.m. These events will combine both the eagle watches and historical Clock Tower Building tours. Reservations are required and group size is limited. For more information or to



make reservations call the Visitor Center at (309) 794-5338.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Jan. 10 & 17, 10 a.m. – 12 p.m.**



If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Jan. 10**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 22**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "Fall is definitely in the air. Did you know that when someone "falls," your blood donation helps to pick them up? In some cases, it is the reason patients are able to get up and carry on in life. On behalf of the patients whose lives

you have "picked up," thank you."

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

VIOS Schedule for January,

February, March, April and May:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Jan. 7, 8, and 9; Feb. 11, 12 and 13; March 11, 12 and 13; April 22, 23 and 24; and May 6, 7, and 8** (Note changes to previous April dates).

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National



Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Arsenal Island Employee Local

Discounts: The following discounts are exclusively available to Arsenal Island employees – **Double Tap**

Firearms: Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA (🔗). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show

you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (🔗).

Pepperjack's Restaurant & Lounge in Davenport:

Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) (🔗). **New Life**

Chiropractic Clinic: Arsenal Island employees, we're offering you a 20 percent discount on our services (🔗).

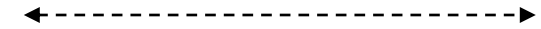
Goebel Family Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (🔗). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Attic Thrift Shop: Arsenal Attic Thrift Shop open again after holiday break, every Tuesday and Thursday, 9 a.m. – 3 p.m. POC: (309) 782-6977.

Arsenal Traffic/Construction



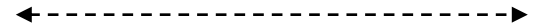
No Arsenal Traffic/Construction related announcements this week.



Building/Space Closures



No Building/Space Closure related announcements this week.



Active Duty/Reserve Zone



Troops In Colorado Reminded That

Pot Still Off-Limits: Colorado just became the nation's pot-friendliest state, but don't expect military bases there to mellow anytime soon. Defense Department officials are reminding troops stationed there or visiting on leave that military rules still prohibit marijuana use, regardless the local laws. Random drug tests remain in effect, and troops caught with drugs in their possession or their system face possible loss of security clearance and dismissal from the service. In addition, civilians caught bringing pot onto Colorado military bases face potential legal action, including ejection from base housing and banishment from military jobs. ([More](#))



Service Members More Financially Stable Than Civilian Counterparts:

Young male service members seem to be handling their finances better than their civilian counterparts, according to a report by the Financial Industry Regulatory Authority (FINRA) Foundation. "A lot of it has to do with a steady paycheck," FINRA President Gerri Walsh said on the Federal Drive with Tom Temin and Emily Kopp. "Being able to make ends meet from month to month is definitely a hurdle that you're able to overcome." The FINRA report looked primarily at males ages 18 to 35. Walsh said many civilian males in that age group are unemployed or do not have a steady source of income, which can make them stressed about their finances. ([More](#))

Safety Spotlight

☪ **Winter's Unseen Trap:** As an officer and aviator in the U.S. Army, I - like most of you - have been exposed to a significant amount of safety training. We've all learned that the unseen hazard is oftentimes the most dangerous. For example, Field Manual 3-04.301(1-301), Aeromedical Training for Flight Personnel, highlights Type I (unrecognized) spatial disorientation as

the most dangerous because the hapless aviator has no idea they are disoriented, and thus, takes no action to correct the danger facing them. Carbon monoxide is similarly insidious. Whether it is exhaust leaking into your vehicle, or perhaps a propane heater warming a tent, carbon monoxide takes its prey with no warning. However, this article is not about spatial disorientation or carbon monoxide. There is another hazard that's similarly treacherous and just as veiled. Unfortunately, I found myself in its trap on my way home from drill one weekend. ([More](#))

Equal Opportunity Focus

☪ **People With Disabilities Make Up Larger Share of Federal Workforce, But Agency Hiring Still Lags:** The federal government is employing the highest percentage of people with disabilities than any time in the last 32 years. People with target disabilities are getting hired at the highest percentage in the last 17 years. The Office of Personnel Management announced in a news release that these historic benchmarks represent important steps toward the President's goals outlined in Executive Order 13548 - Increasing

Federal Employment of Individuals with Disabilities. ([More](#))

Morale, Welfare & Recreation (MWR)

☪ Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Dec. 23 - Jan. 6, Arsenal Island Golf Clubhouse Closed For Lunch: During the above period the Golf Clubhouse will close for regular lunch operations. All pre-booked functions will be unaffected by the closure. Call (309) 782-6319 for more info.

MWR Leisure Travel Office

☪ **Office Hours:** Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

World's Toughest Rodeo: The World's Toughest Rodeo features the fan's



favorite events: Bull Riding, Saddle Bronc Riding and Bareback Riding. The Midwest's fastest cowgirls will also compete in the Women's Barrel Racing. LTO has discounted tickets available for both days. \$31, \$21 & \$16. On sale until **Jan. 6.**

Date: **Friday, Jan. 24**

Time: **7:30 p.m.**

WWE Live: Don't miss all your favorite superstars for one night only on the Road to WrestleMania! World Heavyweight Champion John Cena, WWE Champion Randy Orton & WWE Tag Team Champions the Rhodes Brothers. Tickets on sale until **Jan. 21.**
Date: **Sunday, March 2**
Time: **5 p.m.**

Davenport Cinemark 53rd 18 + IMAX Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

Covenant Cottage Child Development Home: [Covenant Cottage Child](#)

[Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: (309) 229-8412

Sergeants through Colonels Authorized Direct Access to AER Services: Effective **Jan. 1** sergeants (E-5) through colonels (O-6) are authorized direct access to Army Emergency Relief

(services) according to a policy memo from AER HQ Nov. 21, 2013. For traditional AER assistance using AER Form 700, Sergeants and above may come directly to the AER section without a Commander's or First Sergeant's approval. Soldier's using the AER Commander's Referral program (AER Form 600 for "quick loans") will still need to have the Commander's or First Sergeant's approval, as will all Privates, Specialists and Corporals (E-1 through E-4) for all AER services. POC is [Jon Cook](#), (309) 782-1499.

Scholarships for Students with

Disabilities: Now is the time for high school juniors and especially seniors to start looking for college scholarships. If your student has a qualifying disability or special need, there are scholarships specifically to assist those students. There are federal grants available to qualified students, but more specific to students with disabilities is the U.S. Department of Education's TRIO Programs. TRIO programs are operated in conjunction with numerous colleges and universities across the country offering education grants for students from disadvantaged backgrounds, including those with severe disabilities. Availability of these programs will vary depending upon the institution. [For more](#)



[information visit RIA EFMP](#) see Additional Resources-Education or contact [Jan Saito](#), Exceptional Family Member Program Manager at (309) 782-4736.

Employee Assistance Program

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For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Make Positive Changes This New Year, Stick With Them: Making New Year's resolutions is an easy task; keeping them on the other hand, can be tough. But the new year isn't meant for reinvention, but rather reflection. Glancing into the rear-view mirror of the past year can serve as a catalyst to make positive changes in health and lifestyle for the future. And according to the American Psychological Association, or APA, not keeping those resolutions is all in our head. ([More](#))

Martin Luther King Day of Service – January 2014: Beat the post-holiday blues this month by helping your community and yourself. The King Day of Service on Martin Luther King Day, January 20, 2014, offers you the opportunity to spend a day helping your community in a direct way. The social connection and sense of shared purpose that one gains from community service can often help one feel better. However, if you haven't been feeling well lately and nothing seems to help, consider scheduling a free, confidential counseling session offered by the Rock Island Arsenal Employee Assistance Program. Master-level counselors provide short-term counseling and referral assistance. Call the EAP at (309) 782-4357 to schedule an appointment. The EAP is located in Bldg. 56, 1st Floor, East Wing and convenient hours are available from 7:30 a.m. – 5 p.m., Monday through Friday. You can also access an anonymous mental health screening at www.militarymentalhealth.org. The Rock Island Arsenal EAP hopes you have a great start to the New Year. If you would like to learn more about King Day of Service please visit www.mlkday.gov.

Understanding PTSD: Classes are being offered for those who wish to learn more about the nature and treatment of Post-Traumatic Stress Disorder **Jan. 14, Feb. 11**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122. Call (309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

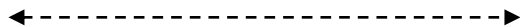
Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., Bldg. 56, 1st floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Jan. 28 & Feb. 25**, Tuesdays,



10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

Smoking Cessation Group: Did you make a New Year's resolution to quit smoking? The Employee Assistance Program offers an educational group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1st floor.



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Tuition Assistance Changes – Good Opportunity to "Save Some Dough for What You Know" through

CLEP/DSST Testing: With recent changes to the GoArmyEd tuition assistance program, some Soldiers may need to find other ways to finance at least a portion of their college education.

The more restrictive policies, which went into effect Jan. 1, make it all the more important for Service members to “save some dough for what they know” – taking advantage of testing services that allow Army personnel to earn class credit toward their degree without the extra time and expense. “Testing out” of classes can significantly reduce educational expenses, and get individuals to their goal faster. The College-Level Examination Program (CLEP) and the DANTES Subject Standardized Test (DSST) exams allow Service Members, eligible spouses, and, in some cases, DoD civilian employees to earn college credit by attaining qualifying scores on college subject exams. The Army generally covers test fees for Soldiers, while their dependents and DoD civilians can take the exams at their own expense. The Rock Island Arsenal makes it convenient to take advantage of the testing programs: CLEP and DSST exams are given at the National Testing Center, located on-base in Bldg. 56. Service Members are encouraged to thoroughly prepare themselves for the tests by utilizing Web sites designed to boost their knowledge in specific areas of study. Listings of prep sites and free study materials are available through the National Testing Center or the Army Education Center,

also located in Bldg. 56. For more information, go to: <http://clep.collegeboard.org/military> or www.getcollegecredit.com. POCs: [Army Education Center](#) (309) 782-2065; National Testing Center (309) 762-3999 ext. 62313 JA-Holan@wiu.edu

RIAFCU Scholarship: Do you or someone you know need money for college? R.I.A. Federal Credit Union is awarding three \$1,000 scholarships for the 2014/2015 school year. Any primary member of R.I.A Federal Credit Union with an account in good standing is eligible to apply. An individual may join R.I.A. for the sole purpose of eligibility. The IL Quad City Credit Union League is also awarding scholarship monies for the 2014/2015 school year. Applications for either scholarship program are due **Feb. 15**. Applications may be picked up at the R.I.A. branch in Bldg. 61 or [download an application here](#).

"Lunch and Learn" with the University of Iowa: Come and learn about our education opportunities, Tuesday, **Jan. 7**, 12-1 p.m., in Bldg. 56, Classroom #2. Please RSVP to Michel Potarelli at 319-335-3782.



Tuition Assistance Changes to Take Effect For 2014: Beginning Jan. 1, there will be a cap on the number of semester hours that can be taken using Tuition Assistance, and tighter TA eligibility rules. Soldiers will be able to use TA one year after graduating from initial entry training, known as IET, said Brig. Gen. David. K. MacEwen, adjutant general of the Army, Human Resources Command, Fort Knox, Ky. ([More](#))

Get Ready, Get Set, Go-Go-Go to School!: Seeking or Pursuing a College Degree? Have Questions? Meet with school representatives and learn about educational opportunities in the Quad Cities, 10 a.m. – 2 p.m., Bldg. 56, 1st Floor, Room 121. • Ashford University: (563) 508-0927, **Jan. 24**; • Black Hawk College: (309) 796-5191, **Jan. 9**; • Saint Ambrose University: (563) 333-6170, **Jan. 16**. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Education Center POC: Guidance Counselor, [Lorrie Blumberg](#), (309) 782-6343.

NDIA Academic Year 2014-15 Scholarship: Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application

may be found at www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

Sgt. Paul Fisher Academic Year 2014-15: Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

Commissary / Exchange

☪
The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy

them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Scholarships for Military Children Program Opens: Applications for the 2014 Scholarships for Military Children Program become available Dec. 3 at commissaries worldwide or on the Internet at www.militaryscholar.org. Applications must be turned in to a commissary by close of business **Feb. 28**. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants. An applicant must be a dependent, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

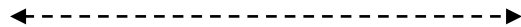
Arsenal Archive





Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Dec. 30-Jan. 5: Automotive Section established in Shop M, Bldg. 220, in January 1919. By Jan. 3, 1880, the rolling mill in Shop F, with its furnace and steam hammer, had turned out hammered blooms for production of high grade iron for use in roof construction of Arsenal shops. In January 1958, the RIA began manufacturing prototype XM7D (T143) model rocket launcher. In January 1957, development work on the Honest John and Little John rocket launchers continued at the RIA.



Healthbeat



Health, Fitness Ideal New Year's Resolutions: Working out or losing weight often tops the list for New Year's resolutions -- with varying degrees of success experienced by those who do.

Those resolutions can be achieved painlessly, and, people don't have to wait until 2014 to get started, according to a family medicine doctor at Madigan Army Medical Center in Joint Base Lewis-McChord, or JBLM, Wash. ([More](#))

Empower Yourself to Better Health:

There are many things we don't have control over when it comes to health care. For example, the number of specialty doctors in your region, out-of-pocket expenses, proximity of medical treatment facilities, amount of time it takes to see your healthcare provider, and more. Luckily, health is more than just good health care. It's about the decisions and choices we make every day. Most health decisions do not happen in the doctor's office or hospital. Instead, they are made when people are at work or at home with their families. It is in this "Lifespace" where the daily choices people make impact their health. ([More](#))

Strategies to Avoid Office Weight Gain:

It's been a long day at the office. Visions of the vending machine flash through your mind. Caffeine and sugar are calling your name. STOP! The additional 140 calories from a 12-ounce can of soda and 220 calories (or more)

from a candy bar or bagged snack, if consumed on most work days, will create a weight gain of a jumbo 25 pounds per year. Even if the soda is diet and only the candy or bagged snack is eaten, expect a weight gain of 15 pounds per year. Add to that the extra calories we eat when someone brings in donuts or "goodies" to the office, or what about that desktop candy jar? These office hazards add to inevitable weight gain that most of us blame on aging, heredity and/or metabolism or the lack thereof. In addition, technology has created an environment (office and home) that promotes sedentary behaviors. Studies have shown that sitting too much during your waking hours (whether it is at your desk, in meetings or in front of the television) is detrimental to your health and may increase your risk of cardiovascular disease and other chronic diseases. In addition, sitting too much and lack of physical activity (at least 30 minutes of moderate-intensity exercise) can contribute to weight gain. ([More](#))

Human Papillomavirus: What It Is,

How to Prevent It: The human papillomavirus, or HPV, is the most common sexually transmitted infection, or STI, in the United States, with an estimated 79 million Americans currently infected and 14 million newly



infected persons per year, according to the U.S. Centers for Disease Control and Prevention. There are more than 40 types of HPV that can affect the genitals, mouth and throat and can lead to genital warts or many types of cancers, including cervical. HPV is passed between partners through skin to skin contact, and nearly all sexually active people contract HPV at some point in their lives. Many times, the infected person does not experience any symptoms of the HPV infection but can continue to transmit the virus to a sexual partner. Additionally, in up to 90 percent of cases, the virus goes away on its own within two years, according to the CDC. When the virus stays, HPV can cause normal cells to become abnormal, leading to warts or cancer. ([More](#))

Notes for Veterans

To Younger Vets, Pension Cuts Break A Promise:

After 25 years of service, including a combat tour in Afghanistan, Lt. Col. Stephen Preston retired from the Army and began collecting a pension of nearly \$55,000 a year. The money made it possible for Preston to go back to college, get his MBA and embark on a second career in corporate strategy. So it happened that Preston was sitting in his

new office shortly before Christmas when he heard on the radio that he had become the latest target in Washington's war on spending. ([More](#))

Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.



Jan. 5: [Chocolate Festival](#) (Quad City Botanical Center, Rock Island)
Jan. 10-12: [Quad City Bald Eagle Days](#) (QCCA Expo Center, Rock Island)
Jan. 18: [32nd Annual Frostbite Footrace 5K](#) (Scott County Park, Iowa)
Jan. 19-21: [QC Farm Equipment Show](#) (QCCA Expo Center, Rock Island)
Feb. 1: [Havana Daydreamin' – Honor Flight of the Quad Cities Benefit](#) (RiverCenter, Davenport)
Feb. 2: [St. Olaf Band in Concert](#) ([Bettendorf High School Performing Arts Center](#), 3333 18th Street, Bettendorf)
Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
Feb. 13-16: [Outdoor Show](#) (QCCA Expo Center, Rock Island)
Feb. 23: [CBRC Chili Chase 4-Mile Run/Walk](#) (Duck Creek Park, Davenport)
March 15: [29th Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)
March 19-22: [Gathering of the Green](#) (RiverCenter, Davenport)
March 21-23: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
April 12: [Bandits Race to Home 5K](#) (Modern Woodman Park)
April 12: [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)
May 3: [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)
May 3: [Derby Day Party](#) (Arsenal Island Golf Clubhouse)
May 3: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
May 10-11: [Beaux Arts Fair](#) (Downtown Davenport)



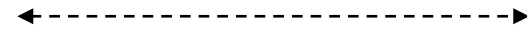
May 17: [5th Annual You Were Made for This 5K](#) (Young Life, Moline)
May 17: [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)
May 26: [49th Annual Quad Cities](#) Criterium (Downtown Rock Island)
June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)
June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)
June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)
June 7-8: [QC Pridefest](#) (Downtown Davenport)
June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)
<http://www.hotrod.com/>
June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)
June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)
June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)
June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)
June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)
June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)
June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)
June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)
June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)
June 28-29: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)

July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)
July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)
July 19-20: [Heartland Jam](#) (Centennial Park)
July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)
Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)
Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)



Dec. 7: 19th Century Christmas (Butterworth Center, Moline)



Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island](#)

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